



Pantry Partner

C/O North Dakota Community Action Association

Easy Ways to Reduce Your Heating Bills This Winter

Due to reduced supply and increasing demand, home heating bills are expected to rise in all parts of the country. The expected increase ranges from 20 to 30 percent in some areas to over 70 percent in others. There is not much you can do about the cost of natural gas, electricity, or oil, but you can control some of your usage. One of the best tools you can use is your home thermostat. Keep these tips in mind this winter to keep your home heating bills as low as possible.

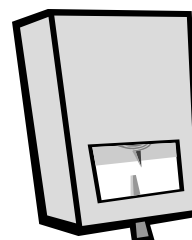


If you are planning on being away from home for more than an hour, turn your thermostat down to 55 degrees F. Do not set it lower than this, as you will risk freezing your water pipes, causing them to burst.

Gradually decrease the setting of your thermostat when you are at home. If your family is used to a high setting, decrease it by one degree every week until you reach around 68 degrees. You will find that it takes very little time to feel accustomed to the new temperature as normal. You can save up to three percent of your fuel usage for each degree you turn down your thermostat, as long as it is kept at that temperature for at least eight hours.

At night, set your thermostat down five or ten degrees. If you have a programmable thermostat, it is easy to set it to go down at night and to heat up just before your family rises for the day. Many people believe that it takes more energy to heat up a cooler house than to keep it at a steady temperature all night long. However, you save money and fuel by dropping the temperature because your heating system does not have to run all night long. There is less energy used warming up a cool house than keeping it warm for the entire night.

If you heat with electricity, consider installing thermostats in individual rooms of your home. That way, you can turn down the heat in seldom used rooms. Just be sure to shut the doors to these rooms.



In special circumstances, remember to adjust your thermostat accordingly. If you are entertaining, turn the thermostat down, as each guest is the equivalent of a 175-watt heater. If the weather begins to warm up, and you open doors and windows, remember to turn down your thermostat, so that you are not cooling and heating your home at the same time.



Finally, if you live in a very dry climate, consider using a home humidifier. Dry air feels cooler to the skin than moist air. This is because evaporating moisture on your skin causes a cooling effect. The drier the air, the more moisture is drawn from your body, causing you to feel cooler. A ten percent increase in relative humidity can make the air feel up to one degree warmer, without an increase in your heating bill.

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Inside this issue:

- Grant Resources
- Feature Recipe
- Oaks students assist area food pantries
- Affording your medicines

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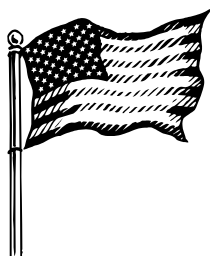
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Garden Seed Grants Available

America the Beautiful Fund



wants to share with your local charitable group a gift of **FREE SEEDS!** Here is your chance to help feed hungry citizens and im-

prove your local parks, nursing homes, libraries, community gardens, schools and other public spaces by planting vegetable and flower seed. Grants of 100 to 1,000 seed packets are being offered on the basis of availability and relative need. These are 2001 and 2002 seeds with germination rates of 85% - 95%.

Since the early days of America, part of the democratic spirit on which this country was built took form in the sharing of gardening skills and plants. As the Native Americans shared their plants with hungry Pilgrims, so now we advocate plants a means to promote charitable good works.

To request a FREE SEED grant simply visit:

http://www.america-the-beautiful.org/html/abf/news/FreeSeeds_order.htm



****Order early for Spring 2006 planting!!**

Getting Ready for Winter!!

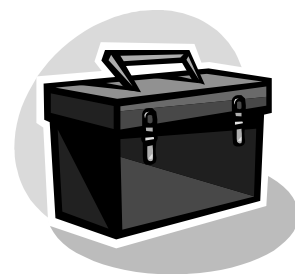
With the winter season last approaching the American Red Cross would like to remind everyone how important it is to be prepared for the unpredictable weather. Please ensure that you, your family and friends, and your place of business are ready for a winter storm.

Have a Home/Business disaster supply kit ready, it should contain:

- A First-aid kit
- A battery-powered radio, flashlights and extra batteries
- Canned food, bottled water, and non-electric can opener
- Extra Blankets and sleeping bag

Have a separate disaster kit for the trunk of your car including:

- Blankets and a set of dry clothing
- Enough water and non-perishable food (such as cereal bars or canned food-remember that non-electric can opener again) for a few days
- A shovel, sand, and tire chains
- Jumper cables
- A first aid kit, a flashlight with extra batteries
- A bright colored cloth to tie to the antenna



In the event of a winter storm be sure to stay indoors and listen for updates on the weather conditions; and please do not try to travel. If you must go outside, several layers of lightweight clothing will keep you warmer than a single heavy coat. Be sure to wear gloves/mittens and a hat to help prevent loss of body heat. Winter can be a time and extremely beautiful time of year. Just remember to be bundle up and be safe this season!

Story submitted by:
Jess Deede-American Red Cross



The Common Cold

Everyone would love a miracle cure for the common cold. Many remedies are touted as helpful, including Echinacea, zinc, vitamin C, and other supplements. But are they really doing the job? Research has found that Echinacea does not prevent or help cold symptoms, as reported in a recent study in The New England Journal of Medicine. In fact, in study after study, it has been found that no supplement can prevent or cure a cold.

There are some studies that show there is a reduction in some cold symptoms with the use of zinc and vitamin C, however. But these benefits are limited and do not reduce the severity or duration of colds more than 20 percent. And taking too much of a supplement can cause problems of its own, including an actual suppression of the immune system and gastrointestinal distress.

So what should you do to help with your cold symptoms or even prevent a cold? Your best line of defense against the cold virus is to wash your hands often with soap and water, and to get an annual flu shot. Avoid over exercising during the winter months or lack of sleep, both of which can lower your immune system response. If you do come down with a cold, get plenty of rest and drink lots of fluids, especially warm liquids like tea and chicken soup. Antihistamines may alleviate some symptoms, but they are not effective in reducing the duration of your cold. With or without treatment, your cold will probably run five to seven days, and should clear up on its own.

Affording your medicines?

Prescription medication is an expense that many families cannot afford. If you do not have an insurance plan that will cover your prescriptions and are a low-income family, then you are not alone. Fortunately, there are programs available to assist you with your medications, but finding them can be a struggle.

These are a few sites that you can check for information, for free, on medical assistance programs:

Needy Meds (www.needymeds.com) is designed to provide information about patient assistance programs which provide no cost prescription medications to eligible participants.

Rx Outreach (www.rxassist.org) is a new Patient Assistance Program developed by Express Scripts Specialty Distribution Services, Inc. (ESSDS). The program provides qualified low-income individuals and families with access to generic versions of brand name medications.



Partnership for Prescription Assistance (<http://www.pparx.org>) brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they

need through the public or private program that's right for them. Many will get them free or nearly free. Its mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible.

Together Rx Access (<http://www.togetherrxaccess.com>) is a card that has been created to help qualified individuals and families without prescription drug coverage to save on brand-name prescription drugs and other prescription products, as well as save on a wide range of generic drugs. This card is available to those who are ineligible for Medicare, have no prescription drug coverage (public prescription drug coverage (public or private), and families who meet certain income requirements. This program is only available to legal US residents.

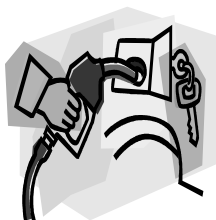
The sites above are your best bet for finding this information, but do not be afraid to ask your doctor, the drug company, or your pharmacy about assistance programs. You will find there are great savings in simply asking and exploring for cheaper alternatives.

Resource: The Prescription Lowdown
by Amy Allen Clark Finding cheaper alternatives
<http://www.stretcher.com/stories/05/05nov28b.cfm>

QUICK TIP: Car Care

During cold weather, you should plan on keeping your gas tank close to full as much as possible. One practical reason is to ensure that you have sufficient fuel in the event you are stuck or stranded and need to rely on your car's heater for

warmth. However, it is also good for your car. Warm daytime temperatures can fill the empty space in your tank with moisture. This moisture then condenses during the night, will sink to the bottom, and can eventually rust out your tank.



Inexpensive holiday gift ideas

If you find you are strapped for cash this holiday season, consider these creative ideas for inexpensive, yet thoughtful, gifts. To accent your gift, place it in an inexpensive basket or wrap it with a pretty ribbon to make it extra special.



- Gourmet coffees
- A pound of pistachios
- A blank journal and a pen
- A deck of cards with a book of card game rules
- Stationary, some pens, and some stamps
- Special jams and mustards
- A bird feeder and some birdseed
- Gardening gloves with flower seed and a garden book
- Spices, measuring spoons, and an ethnic cookbook
- A disposable camera and a photo album
- Gourmet popcorn and flavored oil
- Pancake or waffle mix and real maple syrup
- Gourmet barbeque sauce and some grill utensils
- Local honey, tea, and some muffin mix
- Set of dish towels and pot holders
- An address/phone book and prepaid long distance cards
- Christmas ornaments
- An assortment of different kinds of socks
- Special soaps and bath salts



Oakes Students Raise Money for Food Pantry

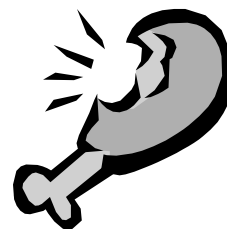
The Oakes School through Character Counts Committee challenged the classes to raise money during the month of October. The donated money would go toward Thanksgiving and Christmas baskets given to the Oakes Food Pantry. Students were encouraged to donate dollars to see which class or grade could "grow" the biggest patch of pumpkins. The



pumpkin "patches" can be seen in the windows in the walkway between the schools. As of October 25, the students and staff have donated \$256, with Mr. Schall's class having the largest pumpkin "patch."

LEFT OVER IDEAS

If you've had enough of hot and cold turkey sandwiches, these ideas will help you use up the remainder of your leftover turkey.



Add some turkey to your favorite salad. You can also add in some other seasonal flavors to liven things up. Try cubed turkey with chopped apple, celery, grapes, and nuts. Toss with poppy-seed dressing and serve on fresh spinach leaves. Top with a few mandarin oranges and some more nuts.

Make some barbecue sandwiches by heating shredded turkey in some barbecue sauce and serving on crusty rolls. Top with some sliced red onion, a few pickle slices, and a spoonful of coleslaw to complete your meal.

Turkey is a great addition to your favorite chili recipe. Since your turkey is already cooked, be sure to add it at the last minute to prevent it from becoming dry and overcooked.

Have some turkey for breakfast. Use up your leftover vegetables and turkey in an omelet or scrambled eggs. Add some cheese to complete your dish.

Turkey tacos can be easily made by combining leftover turkey meat and taco seasoning. Spoon into a warmed taco shell, and top with lettuce, chopped tomato, cheese, salsa, and avocado.



Information Request

For any additional information or to submit a news bit for the next newsletter, please complete this form and return it the address listed below.

Please send me additional information on:

- | | |
|------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Community Action | <input type="checkbox"/> Food Gleaning |
| <input type="checkbox"/> Food Dialog Workshop | <input type="checkbox"/> Grant Opportunities |
| <input type="checkbox"/> Other: please specify | <input type="checkbox"/> Food Needs Assessment Study |

- ☐ I would like to contribute a story, or news bit for the next newsletter. Please contact me.

Comments:

NAME _____

ADDRESS _____

Phone _____

**C/O North Dakota Community
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3233 South University Drive
Fargo, ND 58104-6211**

Staying Healthy

A study by the UCLA School of Public Health tracked 7000 men and women for more than 30 years. Those who had poor health habits doubled their risk of dying early, and increased their chances of suffering from disabilities later in life.

So what is the key to adding years to your life? They are surprisingly simple. Practice these seven good health habits to increase your chances for a long and healthy life.

1. Eat a nourishing breakfast every day.
2. Don't snack between meals.
3. Exercise regularly.
4. Sleep seven to eight hours every night.
5. Maintain a proper weight and a healthy diet.
6. Don't smoke.
7. Avoid excessive alcohol consumption.



Featured Recipe Venison Chili

2 lbs. ground venison, browned
1 medium onion, diced
½ green pepper, diced
2 (15-oz.) cans chili or kidney beans
1 (15-oz.) can tomato sauce
1 (15-oz.) can diced tomatoes
1 1/2 c. water
1 packet chili seasoning (cumin and chili powder may be substituted)



Directions:

Brown the venison along with the diced onion and green pepper.

Drain.

Add remaining ingredients and simmer for 1 hour.

Makes 6 servings. Per serving: 428 calories, 30.5g carbohydrates, 7g fat, 6.5g fiber and 866mg sodium

Tips

- Oil may need to be added in some venison recipes because venison is so lean.
- Tomatoes are a good source of lycopene which is an antioxidant that may reduce the risk of some cancers.
- To reduce salt in canned vegetables, drain the liquid, then rinse the vegetables in water before eating. Use herbs and spices for flavoring.

Grant Resources


Allen Foundation – They will help schools and non-profits in nutritional education programs for children and their families. Awards can vary from \$2,000 to \$1 million. There is no deadline for proposals. Information is available on their website: www.allenfoundation.org.

American Legacy Foundation – their goal is to reduce the use of tobacco in the US, including education of young people. Their Small Innovative Grants Program has grants available to address their goals. Some proposals are selected for a second year of funding which would require a 1-to-1 match. Match is encouraged but not required for the first year of funding. Their deadline is February 15. Website: www.americanlegacy.org.

Albertsons Corporate Contributions Program – cash and in-kind donations are available in communities in which they do business in support of hunger relief, health, nutrition and education and the development of youth. Website: www.albertsons.com/abs_inthecommunity/default.asp.

Microsoft Corporation – they are interested in partnering with non-profits that provide services to schools and communities during non-school hours. The organizations have to have the computer hardware to run the Microsoft software and staff capable of installing and maintaining the software. The website: www.microsoft.com/mscorp/citizenship/giving/apply has applications and guidelines. Applications are only accepted by email. There are no deadlines for applications. Further information is also available by mail or phone if you have questions: Microsoft, Community Affairs, 1 Microsoft Way, Redmond, WA 98052-6399; 206-936-8185.

Stepping Stones to Recovery is a manual for case managers assisting adults who are homeless with their SSI and SSDI applications. It features promising practices and tools to document disabilities as part of the SSI/SSDI application process and is available to download. The SOAR Technical Assistance and Training Initiative that is being implemented in 13 States and the County of Los Angeles is also featured on the site. This initiative is designed to increase access to SSA disability benefits for people who are experiencing homelessness. Join the new list serve to announce new tools and information related to expediting SSI and SSDI for people who are homeless. To join, send an e-mail to soar@prainc.com



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C/O North Dakota Community Action Association
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WE'RE ON THE WEB!
WWW.NDCAA.ORG

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